

# Vitamin C

For better health, eat at least one serving of a fruit, vegetable, or juice that is high in Vitamin C every day.



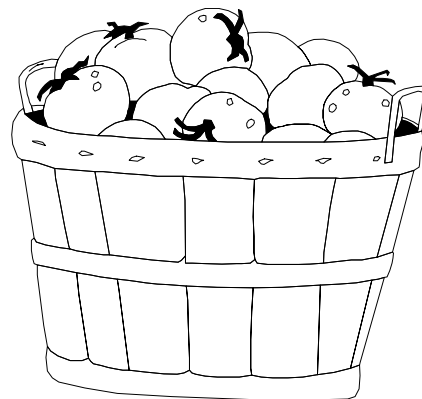
Blackberries  
Boysenberries  
Cantaloupe  
Elderberries  
Gooseberries  
Grapefruit  
Guava  
Honeydew Melon  
Kiwi Fruit  
Kumquat  
Lemon  
Lime



Mandarin Orange  
Mango  
Orange  
Papaya  
Peach  
Persimmon Melon  
Pineapple  
Plum  
Raspberries  
Strawberries  
Tangelo  
Tangerine  
Watermelon  
Asparagus  
Bell Peppers  
Bok Choy  
Brussels Sprouts



Cabbage  
Cauliflower  
Chili Peppers  
Green Onion  
Jalapeno Peppers  
Kohlrabi  
Mustard Greens  
Potato  
Radishes  
Rutabaga  
Snow Peas  
Spinach  
Sweet Potato  
Tomato  
Turnip Greens  
Watercress (raw)  
Yams



## NH 5 A Day for Better Health Program

Department of Health and Human Services • Office of Community and Public Health  
Bureau of Nutrition and Health Promotion • 6 Hazen Drive • Concord, NH 03301-6527  
603-271-4830 or 1-800-852-3345, Ext.4830 (NH only)